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# JOURNAL

FALL 1985

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FOR

HEALTH, PHYSICAL EDUCATION,
RECREATION AND DANCE

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MONTANA

Journal of

HEALTH, PHYSICAL EDUCATION

RECREATION, and DANCE

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The opinions expressed in this Journal do not necessarily represent those of the MAHPERD nor those of the Editor.

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PUBLICATIONS DEADLINES

Material for publication and editorial correspondence should be addressed to

Robert L. Docktor, Editor
Helena High School
1300 Billings Ave.
Helena, Montana 59601

Material may be submitted anytime, but material for the Fall and Spring issues is due August 1 and January 5.

# We Are a Winning Team

Barbara Day Lockhart
President-Elect of AAHPERD

It certainly is a thrill for me to be writing to you as President-Elect of the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD). I feel as though I have just been recruited to a winning team! In the time since my election in Atlanta at the Centennial Convention, it has been my privilege to associate first hand with outstanding professional leaders. All the State, District, and National President-Elects met together at the AAHPERD President-Elects Conference last June in Washington D.C. Much of the time was spent discussing current programs and projects of the six National Associations that have direct benefit for individuals in each State and District. Alliance staff members shared up-to-date information about Alliance publications and projects such as Jump Rope for Heart, the FITNESSGRAM, and "Fitting In". State President-Elects met with their respective members of Congress after which Bob Dole and others attended the Alliance reception in the Capitol. I found the Alliance staff and the President-Elects to be talented individuals filled with enthusiasm and commitment for our professions. If these individuals are indicative at all of the kind of individual professionals that we have in health, physical education, recreation and dance at this time, and I think they are, we can certainly lay claim to being one outstanding winning team!

We are doing everything we can as President-Elects to foster a close working relationship and to coordinate programs across the nation. The President-Elects and I are corresponding each month. We are also putting together a directory of all the States, Districts, National Associations and Alliance officers. A new Alliance staff member has been added, the Executive Director for District and State Relations. At the Fall Alliance Board of Governors meeting, program planning sessions were held with the District Associations and National Associations to better coordinate programs. It is our hope that as we better coordinate programs and foster increased communications among the various Presidents that this will only serve to unite and strengthen all of our professional efforts.

I have been a member of the Alliance since 1959 and a life member for a number of years. This is my profession and always will be. I, along with many of you, have been a proud professional long before the popularization of physical fitness and well-being. It is marvelous to be a professional now that the society generally is beginning to recognize the value of a physically active lifestyle. We know that we have contributed to this activite lifestyle throughout the century of our organizational existence. However, it is not enough that we, alone, know this. We need to let the public know that we are the ones that have historically encouraged, and can still best develop, active lifestyles in the young and old of this nation. We need to do a better job of letting people know who we really are and what we are doing so they associate improved health and wellness with us and not let this time of increased societal awareness and appreciation pass us by. It goes without saying that the quality of our programs had better be at the highest standard of professional excellence that we are able to reach in our given situations.

Alliance Past-President Bea Orr has done a marvelous job of reaching our own professionals during her centennial presidential term. In the latter part of the 1985 year we have recorded an increase in Alliance membership which is astounding! The membership records show that 10,000 new members joined the Alliance this year.

Current President Tony Annarino has chosen "Creating Images" as the Alliance theme for 1986. The time is right for us to be confident professionals. We are enjoying a kind of prestige and significance as individuals in the health, physical education, recreation and dance professions that has not been afforded to us in such a wholesale manner before. People want to know what we know; many want to emulate our active lifestyles which contribute so greatly to our own personal happiness and well-being. This is the time for us to make our accomplishments known. We need to garner this societal support for the entire profession and not be content with greater prestige just as an individual. Let us not "hide our lights under a bushel" but let the people in our communities see the excellence in our programs and come to more strongly believe in what we are doing as health, physical education, recreation and dance professionals. Let us find ways to involve parents and adults in our activities so they, too, directly benefit from our educational programs. Let us stop running from our profession and start bringing others onto our winning team.

I want you to know that I am personally committed to doing all that I can to advance our health, physical education, recreation and dance professions during these next three years as an Alliance President. I believe our greatest professional strength is in the quality of our local and State programs. My commitment is to direct national efforts and resources toward giving maximal support to the officers of each State Association and all the professionals in each State. Please share successful programs with us so we can in turn share them with professionals throughout the country. Send creative ideas so that we can try to enact them. Let us know specific problem areas or concerns so we can find solutions. Let us pull together as health, physical education, recreation and dance professionals with greater confidence, commitment and energy than ever before. We are a winning team - it is time to tell it 'round the world!

Please write: Barbara Day Lockhart, Visiting Professor
Department of Physical Education and Dance
University of Iowa
Iowa City, Iowa 52242

## SECONDARY PHYSICAL EDUCATOR OF THE YEAR NOMINATIONS

MAHPERD needs your help!! The National Association for Sport and Physical Education (NASPE) is again sponsoring the State, District, and National Teacher of the Year Awards. Your help is needed to identify and nominate worthy candidates for this award. Any physical educator who meets the criteria outlined may apply personally for this award or be nominated by a colleague.

Nominations must be submitted typewritten, following the format for application. Portfolios and attractive folder/binders and additional information not required by the application (such as your curriculum) will not be considered in the selection process and should not be included. The criteria is as follows:

A physical educator is defined for the purposes of this award as an individual who has major responsibility for teaching physical education in grades seven through twelve for a specific school or school system.

The candidate must have a minimum of three years teaching experience at the secondary school physical education level.

In addition the teacher must be a person who:

(1) Serves as a positive role model epitomizing personal health and fitness, enjoyment of activity, sportsmanship, and sensitivity to the needs of students;

(2) Utilizes various teaching methodologies and plans innovative learning experiences;

(3) Conducts a balanced and sequential curriculum;

(4) Assumes responsibility for his/her professional growth, and

(5) Evidences professional commitment through membership and involvement in local, state, and national physical education organizations.

To apply, one needs to complete the official application form. (Emilee DeKam has been asked to coordinate this effort and the form can be obtained from her. It only takes a few minutes to fill out.) Second, attach letters of recommendation from school officials and prominent citizens, relating to the criteria (please limit letters to six). Then attach separate sheets, one for each of the criteria, outlining the candidate's qualifications under that criterion. Major consideration for the award will be given to these criteria.

Please apply, or nominate someone you know so that Montana can continue to recognize worthy educators. All District winners advance to the National level to be involved in many neat experiences at the AAHPERD Convention. The National winner is announced at the NASPE Awards Banquet.

Time is really short as the deadline date has been moved up at all levels. The deadline for the 1985-86 Montana award is October 10, 1985. Nominations received after that date will apply to the 1986-87 Award.

We are told that the Elementary Physical Education Award should be ready to be put into action by next year. Be thinking of worthy individuals for this award too!!

## FITNESSGRAM

Limited space is still available to school systems/schools interested to participate in the 1985-86 national roll out of the Fitnessgram project. The Fitnessgram, a computerized fitness report card, is presented by the American Alliance for Health, Physical Education, Recreation and Dance and the President's Council on Physical Fitness and Sports, developed by the Institute for Aerobics Research and sponsored by the Campbell Soup Company.

The minimum computer requirements include an Apple IIe computer, monitor, two disk drives and a printer. The Fitnessgram is designed to monitor the fitness level of school age youngsters through the administration of the AAHPERD Youth Fitness Test or the AAHPERD Health Related Physical Fitness Test. Each student tested can receive a computer generated fitness report card, the Fitnessgram, which provides a bar graph of the test results and percentile ranking based on national norms, and an exercise prescription to improve or maintain fitness. In addition, students who meet the standards are identified for the Presidential Physical Fitness Award and/or the AAHPERD awards.

## ABSOLUTELY FREE

The initial cost of this opportunity is free. The program will provide blank Fitnessgram cards for 75 percent of the students to be tested in a school system. Additional Fitnessgram cards are available to purchase ($.09 per card in boxes of 1200).

To secure details for enrolling in the Fitnessgram project for 1985-86, write or call immediately for the limited space. Final deadline for this school year is 15 November:

Marilu Meredith
Institute For Aerobics Research
12200 Preston Road
Dallas, Texas 75230
(214) 239-7223

NATIONAL WORKSHOP -- A workshop for State Representatives of the Heart Associations and AAHPERD was held during the AAHPERD Convention in Atlanta. On a nation-wide basis the enthusiasm for JRFH is running high. The program is continuing to support heart research and many educational activities for the schools and communities. Highlights of the workshop included new and shared ideas, Jump Rope Team demonstration from across the Nation; and two performances of The Children Folk Sports, including wonderful skills in rope skipping, by a group of students of a middle school in Taiwan, Republic of China.

AAHPERD CONVENTION -- Stop by the Heart Booth to see the new prize structure of JRFH for the coming year. Several changes have been made for the participants and event coordinators. Exciting things are happening!!! Meet and visit with MHA Western Field Rep., Tony Fairbanks, and Eastern Field Rep., Greg Newman.

WHAT???? You did not coordinate an event and missed out on a free Montana JRFH T-shirt? You are in luck! A few remaining shirts will be for sale at the Heart Booth! The red shirts with the Montana logo have really been a popular item! (Including with the neighboring States!!)

JUMP ROPE FOR HEART SOCIAL MEETING -- A special note regarding the Social Meeting on Thursday 5:30-6:30 for the Coordinators and those interested, will be held at the Convention headquarters, Village Red Lion Motor Inn. We will share ideas, preview some excellent video cassettes, enjoy some food and refreshments and discuss any of your concerns. If you have a VHS video for us to sample, please bring it.

VIDEO CASSETTES -- One of the VHS tapes that we will sample at the Social Meeting of JRFH Coordinators will be one put together by a Coordinator from Dayton, Ohio. It features his group forming a Demonstration Team by hosting Rick Cendalli and the Skip-its; a major portion on the rope skipping and other activities performed by the Children from Taiwan at Atlanta; and Demonstrations at the AAHPERD Conference by the Hot Dogs with their leader Bob Melson from the State of Washington. Excellent, excellent tape!! If you would like a copy you can get one at cost from JRFH Coordinator, Emilee DeKam.

AHA UNIVERSITY TRAINING NETWORK (UTN) PROGRAM -- This is a new school health education program K-12 that has been developed by the Montana Heart Association. The UTN will provide local school districts the chance to participate in workshops to equip the classroom teacher with the most current information, techniques, and materials available from the American Heart Association. It has been announced to all local school district Superintendents and to County Superintendents that the program has been formed. A number of health instructors from Montana Universities and colleges have volunteered to conduct the training. Montana Heart is providing the Workshop educational materials and covering the instructors travel expenses. Your school is invited to participate in the UTN. Workshops are currently being scheduled. Contact your Superintendent for more information.

JUMP ROPE FOR HEART 1986 -- Make your plans now to be involved in the biggest event of the year!! What an impact we are making on the fitness awareness within our schools, communities, and the Nation, through our participation. It can be a great educational tool in our gyms and classrooms!! The rewards, by far, repay the time and effort it takes to be involved. To support AAHPERD, cardio-vascular fitness, educational opportunities, and student involvement by signing up for the JRFH Event. If you have not received the information, contact the MHA, TOLL FREE 1-800-447-9442.

## MONTANA VACATION

In support of the AAHPERD Auction at the National convention in Atlanta during April of this year, our state association donated a ten day vacation in Montana for two to help raise money to pay for our national headquarters building in Reston, Virginia.

The successful bidders were Barry and Sara Jane Bates of Eugene, Oregon who bid $650.00 for the opportunity to come to Montana.

Barry and Sara Jane arrived in Montana on August 3 via Yellowstone Park where they were hosted by Dave Oberly. They had the pleasure of visiting the highlights in Yellowstone and were delighted by the splendor of the scenery while traveling over the Beartooth Highway between Cooke City and Red Lodge. While in Billings, they were treated to a buffalo dinner after an exciting horseback ride. It was their first riding experience.

After fly fishing in the Bozeman area with Gary Evans, they were met by Jeri Domme at the Lewis and Clark Caverns and were amazed at all of the unique colors and formations. That night they were treated to a barbecue picnic at Emilee and Ken Dekam's along with other MAHPERD members from the area. Their Helena visit included tours of O'Connell Mansion, CM Russell Museum, Frontier Town and the Gates of the Mountains.

Next stop was Glacier Park under the guided direction of Roger DiBrito and their stay at Grouse Mountain Lodge in Whitefish gave them time to relax before traveling to Missoula to stay with Joel and Patti Meier.

Roger took them on a float trip and a tour of the Bitterroot Valley before they made their departure for Eugene.

This trip was one of the highlights of Barry and Sara Jane's lives and they will always remember the friendly people from MAHPERD and Montana and the many beautiful sights and experiences.

Read your coming issues of Update for a picture and an article about the trip.

## MESSAGE FROM THE STATE SUPERVISOR

How can these summers go by so fast? It seems like I was just looking forward to another fun, hard-working, busy, yet relaxing and enjoyable summer, and now it's all behind me. Now I can spend the rest of the school year looking ahead to next summer. I hope it will be as good as this one was. We had a couple of real firsts this summer that merit mentioning.

The summer started off in Billings with our first annual Rocky Mountain Health Promotion Conference or "Rocky I" at Eastern Montana College. Glen Iverson and Dawn Graff-Haight from EMC along with myself and Bob Moon from the Department of Health and Environmental Science, developed and coordinated the program. We are hoping to make this an annual health promotion conference for all school employees. This was the best-ever health promotion conference in Montana and we plan to make next year's bigger and better!

The end of June brought our second annual summer Physical Management Workshop held at the Circle 8 Dude Ranch west of Choteau on the edge of the Bob Marshall Wilderness. Participants lived and learned the Physical Management Program for an entire week while enjoying the advantages of a dude ranch--horseback riding, hiking, shooting, heated pool, wildlife and fantastic scenery. The workshop had a full enrollment of 24 with 17 coming in from out of state. It was a super week of learning and sharing among participants from eight different states. Plans are being made now for next year's workshop, also to be held at the Circle 8. Please let me know if you wish to be placed on a mailing list.

Then in July we held two outdoor education workshops at Birch Creek Camp in the Pioneer Mountains north of Dillon. This was the seventh straight year for these workshops, which have seen over 500 teachers attend through the years. This has always been an enjoyable time of learning how to infuse outdoor education into the school curriculum. Activities range from orienteering, hiking, shooting and canoeing to Project Adventure, outdoor cooking, plant identification and environmental education.

Well, with all that behind us, we still have some exciting things to look forward to this school year. It all starts out in Missoula, October 17-18, with the annual MAHPERD State Convention. President Joel Meier and his Executive Board have worked long and hard to make this a great event. Plan now to attend and join us in a fun, yet rewarding time in Missoula. Then in March the Northwest District Convention (NWAHPERD) will be held in Vancouver, Washington, which is close to Portland. We again hope to have a strong showing from Montana at Northwest. The Convention year will culminate in Cincinnati, Ohio, April 9-13, 1986, for the National AAHPERD Convention. Cincinnati is going all out to make this one of our best conventions ever. If you plan to attend any or all of these conventions, remember that MAHPERD usually plays host to a "Montana Social." These socials are open to all Montanans and their friends from the district and across the country. They have become "nationally-known" for both quality and fun!

Through the efforts of MAHPERD and the Office of Public Instruction, we now have a curriculum guide developed and printed for physical education. It is designed to supplement local curriculum development and give teachers ideas for program improvement. This is the first time in many years that a state guide is available and we have MAHPERD to thank. The new guide is titled, Montana in Action. Also, through a grant from the Department of Health and Environmental Sciences, I will be working on a health curriculum guide to have completed by early next year. Bob Moon is to be thanked for working on this grant and making a new guide possible. For the first time ever can we have curriculum guides in both health and physical education? We are really on a roll!! Have a good school year and I'm looking forward to seeing and visiting with you in Missoula.

Spencer Sartorius
Health and Physical Education

## MAHPERD CONGRATULATIONS!!

There are several MAHPERD members who have received honors or have made noteworthy contributions to our professional organizations. Congratulations are in order!!

NW DISTRICT AAHPERD HONOR AWARD was presented to our Montana President Joel Meier at the NW Conference held in Boise last March. Joel was cited for his many professional contributions to his community, our society and to all levels of the AAHPERD organization. Congratulations, Joel, on receiving this outstanding award!!

NW DISTRICT AAHPERD SECONDARY PHYSICAL EDUCATION TEACHER OF THE YEAR AWARD was awarded to Helen Chrest who represented Montana in the competition with nominees from the other NW District States. Helen was involved in many Teacher of the Year activities at the AAHPERD Convention in Atlanta and received National recognition for the NW honor. Congratulations, Helen!!

AAHPERD PRESENTATIONS -- Eileen Solberg and Spence Sartorius made a presentation at the AAHPERD Conference at Atlanta on Physical Management and the Fitnessgram. They also made the presentation at NW in Boise.

OUTDOOR EDUCATION COUNCIL elected Spence Sartorius to office as Secretary of the organization for the coming year.

ATLANTA SILENT AUCTION for the Centennial contribution to the Alliance Center was indeed grateful for the Montana Vacation for 2 which was planned, presented and coordinated by Dave Oberly and Bob Williamson. The beautiful poster on display at the auction certainly did Montana justice! Barry and Sara Jane Bates of Eugene Oregon bought the package and enjoyed our MAHPERD hospitality.

ATLANTA SOCIAL which was put together by Montana, Idaho and Wyoming caught the attention of the entire Convention. The social which was held under the stars on a balloon decked veranda, and was billed as a Wild Game Extravaganza! It featured the meats of buffalo, bear,moose, elk, deer, antelope, Rocky Mountain oysters, and crawfish. It was estimated that over 800 people were in attendance! A special word of thanks to all from Montana who made this social such a success!!

FROM THE PRESIDENT:

The 1985 MAHPERD Convention is just around the corner, so I hope you plan to attend this very important event. Your hard working MAHPERD Board has pulled together outstanding speakers not only from Montana but the Nation as well. As a result, this year's Convention is stacked up to be the most diverse and complete educational experience in the history of our Association. Approximately 50 different seminars, workshops, and educational sessions will take place over the three day period of October 17 through 19. Don't miss out -- make your advanced reservations today!

The Convention begins on Thursday morning, October 17, with a number of reguler educational sessions running through the early evening of Friday, October 18. The final evening program on Friday features Dr. Charles Jonkel, the well known Grizzly Bear expert from the University of Montana. Keep in mind that we will have several other outstanding keynote speakers during the day on both Thursday and Friday.

This year's extended Convention format includes special activities on Saturday, October 19, when a variety of fun and exciting events will take place for those of you who want to be involved. Featured activities include river rafting on the Clark Fork, a mountaineering workshop, and a golf tournament. In addition, there are several other attractions sponsored by other organizations which may interest you, including a National Swimming Pool Institute Operators Training Course and a Feelin' Good Training Workshop sponsored by the Missoula Family YMCA. For details on all of these events, consult the Convention Schedule printed elsewhere in this issue of the Journal.

As you read over the Convention schedule and related information, I'm certain you can't help notice the special emphasis placed on the importance of sending in your pre-registration forms before October 12. There are several very good reasons for this, including the following: **It will save you money.** Not only will you save $5.00 when you register in advance, you will also end up getting three meals at no extra cost. In other words, you get to attend all three social/meal events, including the two Luncheon General Sessions (where keynote speakers will present) and the evening meal dance. The unfortunate people who register late not only pay $5.00 more, but they won't get to attend these events nor take advantage of the meals. If you add up the savings in your head, I'm sure you will realize how much further you come out ahead by getting your pre-registration forms to me by October 12.

As your outgoing President this will be my last official entry in the Journal. Thus, let me say that I've enjoyed the opportunity to serve you. When someone is in the position of leadership it becomes apparent that progress only comes about because of dedicated people. I believe the Association has accomplished a great deal this year because of the hard working members of the MAHPERD Board as well as those members who served so willingly on various committees. There simply is not enough space here to list you all, but let me extend to each of you a personal thanks.

Best regards

Joel Meier

## 1985 MAHPERD CONVENTION

**Date:** October 17-18, 1985 (with additional special events on the 19th)

**Place:** Convention Headquarters - Village Red Lion Motor Inn (100 Madison, Missoula, MT 59802 (some facilities at the University of Montana will also be used)

**Advanced Registration:** Please note --special bonus savings!!!!!!!!!! Register early for BIG savings and great bonuses! Pre-register no later than October 12 for guaranteed admittance to three fantastic meal/social functions at no extra cost. (To qualify, all registrations must be received by October 12. This is a firm deadline). Payment must accompany registration form. Please be aware that late and on-site registrations not only cost more, but registrants can not be admitted to any of the meal/social functions. Don't miss out! Mail your registration forms now!

**On-Site Registration:** Note that registering at the convention costs more and also excludes meal/social functions. On-site registration is from 8:00 a.m. to noon, October 17, lobby, Village Red Lion Motor Inn.

**Cost:** Total cost includes both the registration fee and a MAHPERD membership fee. Additional fees are charged for other special events on Saturday as well as additional guest tickets for meal/social functions.

Registration Fee:

Full Conference, both October 17 and 18:

--Pre-registration --a great bonus package which **includes** all 3 meal/social functions. (Registration must be recieved by Oct. 12) . . . . . $20.00

--Late and on-site registration (**excludes** meal/social functions) . . . . . $25.00

One Day Only: (meal/social functions included only if payment received by Oct. 12)

--Thursday only or Friday only . . . . . $15.00

Membership Fee:

| | | |
|---|---|---|
| Professional | . . . . . | $10.00 |
| Student | . . . . . | $ 3.00 |
| Retired | . . . . . | $ 0.00 |

Additional Functions: Payment for any of the following must accompany pre-registration form. Not available after Oct. 12.

| | | |
|---|---|---|
| --Additional Thurs. or Fri. luncheon tickets | . . . . | $ 9.00 |
| --Thursday evening meal/social function | . . . . . | $ 4.00 |
| --Saturday river float trip | . . . . . | $12.00 |
| --Saturday mountaineering workshop | . . . . . | $ 8.00 |
| --Saturday golf tournament | . . . . . | $ 5.00 |

CLIP AND MAIL TODAY

## ADVANCED REGISTRATION FORM - 1985 MAHPERD CONVENTION

Closing date for receipt of Advanced Registrations - October 12. Complete all applicable portions of this form and return to: Joel Meier, 9615 Old Mill Trail, Missoula, MT 59802. Checks payable to MAHPERD must accompany this form.

Name: _____ Organization: _____
(Last) (First)

Home address: _____
(Street, Box number) (City) (State) (Zip Code)

Did you coordinate a Jump Rope for Heart Event in 1985? __Yes; __No

CONVENTION REGISTRATION FEE (must check one): TOTAL:

**Full Conference, Oct. 17-18**

__Pre-registration (includes **all** meal/social functions) . . . . . $20.00 _____

__Late or on-site registration (**excludes** meal/social functions) . . . . . $25.00 _____

**One Day Only** (includes meal/social functions only if received by Oct. 12)

__Thursday, October 17 . . . . . $15.00 _____
__Friday, October 18 . . . . . $15.00 _____

MEMBERSHIP FEE (must check one)

__Professional . . . . . $10.00 _____
__Student . . . . . $ 3.00 _____
__Retired . . . . . $ 0.00 _____

ADDITIONAL MEAL/SOCIAL EVENT TICKET FOR SPOUSE OR FRIEND (not available after Oct. 12)

__Thursday luncheon . . . . . $ 9.00 _____
__Thursday evening meal/social. . . . . $ 4.00 _____
__Friday luncheon . . . . . $ 9.00 _____

OPTIONAL SPECIAL EVENTS ON SATURDAY

__River Float Trip . . . . . $12.00 _____
__Mountaineering Workshop . . . . . $ 8.00 _____
__Golf Tournament . . . . . $ 5.00 _____

TOTAL ENCLOSED: _____

**TRIPLE BONUS SAVINGS IF MAILED EARLY!!!!**
**MUST BE RECEIVED BY OCTOBER 12!!!!**

**Cancellation Policy for Advanced Registration:** Cancellations received before October 12 entitle the registrant to a full refund. No refunds will be made unless the request is received in writing.

**Registration Packages/Tickets:** All registration packages/tickets should be picked up at the Village Red Lion Inn during normal registration hours (beginning at 8:00 a.m. on October 17).

**Academic Credit:** One undergraduate or graduate extension credit can be earned through the University of Montana for attending the 1985 MAHPERD Convention (HPE 460 - "Program and Convention Organization" - 1 credit). For those interested, sign up and pay the $30 fee at the convention registration table on October 17. For further information and details, contact Dr. Tucker Miller, %Dept. of Health and Physical Education, University of Montana, Missoula, MT 59812 or phone 243-4211.

**Lodging Reservations:** The official Convention Center and Hotel is the Village Red Lion Motor Inn (100 Madison, Missoula, MT 59802) where most of the programs, meetings and exhibits will take place. A block of guest rooms will be held for MAHPERD until October 10, so Convention attendees are encouraged to make lodging reservations well in advance of that date. Rates are as follows: Single $39; Double $42; Triple $45; Quad. $48.

For those wanting to reduce lodging costs, consider doubling up or sharing a room with two or three others. Four persons to a room is only $12 each. Anyone needing assistance in finding others to share a room should contact Roger DiBrito, MAHPERD Convention Manager, 4765 Carolin Lane, Florence, Montana 59833. Roger has volunteered to coordinate this service for our membership.

Fill out, clip and mail room reservation form to: Village Red Lion Motor Inn, 100 Madison, Missoula, MT 59802 or call 728-3100.

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**RESERVATION CARD**

VILLAGE RED LION MOTOR INN

MT ASSOC. FOR HEALTH, PHYSICAL EDUC., RECREATION AND DANCE
Convention or Company Name

Name _____ Date or Arrival _____

Address _____ Time of Arrival _____

City, St. _____ Zip _____ Date of Departure _____

Phone _____ Guaranteed by _____

Number of Guests: Adults Children ☐ Deposit $ _____ Exp. Date

Arrivals after 6 p.m. must be guaranteed. ☐ AMEX # _____

☐ King Size Bed ☐ Two Doubles

☐ Queen Size Bed ☐ Crib ☐ Rollaway ☐ VISA # _____

☐ Suites (Please check (1), (2) or (3) in case of unavailability of first choice ☐ M.C. # _____

Remarks: _____

| Name | No. Rooms | Arrival Date | No. of Nights | Arrival Time |
|---|---|---|---|---|
| | | | | |

## 1985 MAHPERD CONVENTION PRESENTERS AND KEYNOTE SPEAKERS

This year's Convention promises to be the most diverse and comprehensive meeting in the history of our Association. Just take a look at the following experts who will be on hand to share information with you in 50 different seminars, workshops, and educational sessions:

**Francis Alves**, Consultant, Health Incentives and Health Development Associates, Missoula

**Peter Aufsesser**, Coordinator, Adapted Physical Education, San Diego State University

**Jacque Berning**, Nutrition Educator, National Dairy Council; Olympic Nutrition Expert; Denver Bronco Chief Nutritionist

**Dan Block**, Professor of Biology, Western Montana College; Coordinator, Birch Creek Outdoor Education Program

**Nancy Colton**, Dance Instructor, Dept. of HPER, Montana State University

**Carol Conkell**, Physical Education Specialist, School District #1, Missoula

**Capt. John Decker**, Assistant Professor of Military Science, University of Montana

**Lynn Compton**, Cardiac Rehabilitation Supervisor, Montana Deaconess Medical Center, Great Falls

**Dennis A. DeVivo**, Instructor, National Field Archery Association, Missoula

**Jeri Domme**, Physical Educator, Helena

**Sharon Dinkel**, Assistant Professor, Dept. of HPE, University of Montana

**"Smoke" Elser**, Outfitter, Guide, and well know author, Missoula

**Lisa Forsberg-Nickisch**, Elementary Physical Education Instructor, Billings

**Gary Gray**, Assistant Professor of HPER, Eastern Montana College

**Marie Haag**, Elementary Physical Education Instructor, Billings

**Mary Hensleigh**, HPE Student, University of Montana

**Barb Hollmann**, Associate Director, Intercollegiate Athletics, University of Montana

**John Hunt**, Professor of Education, University of Montana

**Dudley Improta**, Coordinator, Outdoor Program, University of Montana

(Presenters and keynote Speakers, continued)

**Glenn Iverson**, Associate Professor of HPER, Eastern Montana College

**Charles Jonkel**, Professor of Wildlife Management, University of Montana

**Rick Kendall**, Physical Education Instructor, Bear Valley Elementary School, Anchorage, Alaska

**Ernie Lange**, Professor of Adapted Physical Education, University of New Mexico

**Mavis Lorenz**, Associate Professor of HPE, University of Montana

**Richard McDonough**, Career Counselor, Dept. of Career Services, University of Montana

**Patricia Meier**, R.D.H.; Health and Human Services Dental Consultant, Missoula

**Kathleen Miller**, Dean, School of Education, University of Montana

**Robert Moon**, Consultant, Health Education and Promotion, Montana Dept. of Health and Environmental Science

**Gary Nygaard**, Professor and Chair, Dept. of HPE, University of Montana

**Dave Oberly**, Coordinator of HPE, Billings Public Schools

**Craig Olson**, Physical Educator, Missoula

**Jean Osborne**, Physical Educator, Billings Public Schools

**Tom Osborne**, Executive Director, Big Sky State Games, Billings

**Rozan Pitcher**, Dance Instructor, Dept. of HPER, Montana State University

**Susan Porter**, Program Director, Missoula Family YMCA

**P.J. Powers**, Director, Physical Education-Handicapped Program, Dept. of HPE, University of Montana

**Dale Rumph**, Elementary Physical Education Instructor, Billings

**Spencer Sartorius**, Health and Physical Education Specialist, Office of Public Instruction, Helena

**Robin Selvig**, Head Womens Basketball Coach, University of Montana

**Curt Shirer**, Recreation Coordinator, Dept. of HPER, Montana State University

**Eileen Solberg**, Project Coordinator, National Diffusian Network, Billings

(Presenters and Keynote Speakers, continued)

**Kay Van Norman**, Instructor of Dance, Montana State University

**Ken Wall**, Assistant Director, Wilderness Institute, School of Forestry, University of Montana

**Fred Weldon**, Director, Center for Student Development, University of Montana

**Tom Whitteker**, Coordinator, Cooperative Wilderness Handicapped Outdoor Group (C.W. HOG), Outdoor Program, Idaho State University

**Michael Wood**, Consultant, Health Incentives and Health Development Associates, Missoula

**Bill Yeagle**, Chair, Dept. of PER, College of Great Falls

**Sharon Yeagle**, Physical Education Instructor, College of Great Falls

**Cole Younger**, Instructor, National Field Archery Association, Missoula

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**REMEMBER, PRE-REGISTER BY OCTOBER 12 - SAVE MONEY + GAIN MEAL FUNCTIONS**
Meal/social functions include Luncheon General Sessions and Keynote Speakers on Thursday and Friday, plus Thursday evening meal/social and dance. Don't miss out by registering late or by putting it off until you show up for the Convention. Late and on-site registration costs more, and you won't even get to enjoy the good food, outstanding presentations, or the social activities!

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**THE CONVENTION SITE - THE VILLAGE RED LION MOTOR INN**

**How to find it:** Located at 100 Madison in Missoula; Simply take the Van Buren Street exit off of I-90, go one block south to the stop light on Broadway, turn right (west) on Broadway and go two blocks, then turn left and go one block.

**The facility:** Located within easy walking distance to both the downtown and the University of Montana, the hotel has 173 spacious and comfortable guest rooms, each with queen or king sized beds, color television, and phone. A heated pool and a view of the Clark Fork River are other amenities. The facility stands unsurpassed as Montana's premier meeting and convention site. Other facilities/services include the Edgewater Restaurant and lounge, evening entertainment and dancing, Coffee Garden, meeting and banquet facilities for up to 1000 persons, beauty salon and gift shop. A free airport courtesy car is also available.

## 1985 MAHPERD CONVENTION THEME AND FOCUS

The theme of this year's Convention is **Challenge, Opportunity and Involvement**--a challenge to our professionals to become involved, to be more active, to take on new responsibilities, and to become better teachers or leaders; an opportunity to learn new things, to exchange ideas, meet new people and make new friends! In reality, the 1985 Convention should help us do all these things.

Your Convention Program Planning Committee has really gone all out to pull together some of the best experts in the State and the Nation. They will be presenting sessions on:

--Athletics
--Dance
--Health
--Physical Education
--Recreation
--And More, much More!

**Special Focus on Students:** College and University students should be especially interested in this year's Convention. In addition to the regular programs, there are special sessions planned just for you. Keep in mind that there is a special reduced MAHPERD membership cost just for students.

**Special Focus on Special Populations:** The Convention theme applies to everyone -- including the "handicapped," who need opportunities for involvement just like everyone else. Some of the various terms used to describe those people who have special needs in our field arising from medical conditions include "adapted physical education," "physical education and recreation for the handicapped," and "therapeutic and adapted recreation." As you look through the following pages listing the various Convention activities, please note the number of sessions dealing with these topics. Make plans to attend at least some of these outstanding sessions.

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**Don't miss out on the two General Session luncheons and Keynote Speakers because you forgot to pre-register for the Convention before October 12.**

**Don't pay more for less by registering late or on-site.**

-- Professional Membership Fee = $10 + $20 Pre-registration Fee = $30.
(All meal/social functions included!)

-- Student Membership Fee = $3 + $20 Pre-registration Fee = $23.
(All meal/social functions included!)

Those who don't pre-register by October 12 pay $5 more and also miss out on General Session Luncheons/Keynote Speakers and the Thursday evening meal/social function.

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CHALLENGE -- OPPORTUNITY -- INVOLVEMENT

## 1985 MAHPERD CONVENTION PROGRAM AND SCHEDULE OF EVENTS

(Preliminary Order of Events -- Please consult your program booklet upon arrival at the Convention for complete up-to-date listing)

For further background information on speakers, please refer to listing of presenters found earlier in this publication.

**Thursday, October 17**

8:00 a.m.: Registration Begins

9:00-10:00 a.m.:

**Get Your Head Out of the Sand: Sports Injury Litigation!** Many teachers and coaches are naive about the law. This presentation focuses on how ignorance on sport injury litigation can lead to lawsuits.
Gary Nygaard, University of Montana,

**Innovative Conditioning Methods for the High School Coach.** Conditioning strategies designed to motivate players during practice time; how to utilize humor, jestful prodding (sarcasm) and aggression to motivate athletes to maximum physical conditioning.
Bill Yeagle, College of Great Falls

**Physical Education for the Handicapped** (the first of 2 sessions, 2 hours each)
Session #1 - Overview of the legal requirements of physical education and recreation programs for the handicapped as well as the requirements for due process, assessment, placement and mainstreaming.
Peter Aufsesser, San Diego State University and Ernie Lange, University of New Mexico

10:15-11:15 a.m.:

**Physical Education for the Handicapped** (the second hour of the first session which began at 9:00 a.m.)
Peter Aufsesser and Ernie Lange

**Psyching Your Athletes.** How to psych your athletes physically, mentally and emotionally -- during the pre-season, pre-game day, pre-game, and post-game/ post season.
Sharon Yeagle, College of Great Falls

**Flexibility** (Exploration, demonstration, participation session) Three methods of stretching; participation in flexability routines.
Kay Van Norman, Montana State University

10:15-11:15 a.m. Thursday, October 17 - continued:

**Natural Resources and Environmental Education Demonstration Project and Management Issues in the Bob Marshall Wilderness Complex.** A slide show on management issues in the Bob Marshall Wilderness. Also a summary of a 5th grade teaching module on wilderness ethics.
Kenneth Wall, Wilderness Institute, University of Montana

11:30-1:30:

**First General Session and Luncheon** (Open only to those who pre-registered for the Convention by October 12. Don't miss out; send in your advanced registration forms today! An outstanding program and great food!) Introductions; luncheon; sports fashions; NASPE awards; introduction of candidates for office and nominations from the floor.
**Keynote Presentation:** "C.W. HOG -- Journey into the Unknown: An Approach to Rehabilitation for the Physically Disabled through Outdoor Recreation," by Tom Whittaker, Coordinator, Cooperative Wilderness Handicapped Outdoor Group (C.W. HOG), Outdoor Program, Idaho State University.

1:45-2:45 p.m.:

**Cardiovascular Health Benefits from Aerobics.**
Susan Porter, Missoula Family YMCA

**Canoeing and Kayaking-** an observation/demonstration of solo and tandom canoeing techniques with several different types of canoes; paddling techniques for recreational canoeing, touring, whitewater, and flatwater racing. Demonstration of slalom kayak (K-1), slalom canoe (C-1 and C-2).
Mavis Lorenz, University of Montana

**Wellness at the School Worksite.** Ways of developing effective wellness activities for school staff; why wellness should be considered, including cost and benefits.
Frances Alves and Michael Wood, Consultants, Health Incentives and Health Development Associates, Missoula

**Young at Heart While Growing Old.** A humorous presentation on the physiological aspects of aging. Implications for the professional educator with regard to personal concern and dissemination of expertise for campus and community.
Bill Yeagle, College of Great Falls

**Organizing the Elementary Playground During Noon Hour.** Alternatives to help noon hour playground problems -- including student conflict and injuries -- but yet give students choice and free play.
Dale Rumph, Lisa Forsberg-Nickisch and Marie Haag, Billings Public Schools

3:00-4:00 p.m.:

**Physical Management: Teaching Weight Control in Public Schools.** Overview of nationally validated and funded adaptive physical education program designed to meet the needs of overweight students.
Eileen Solberg, National Diffusian Network, Billings

3:00-4:00 p.m., Thursday, October 17 - continued

**Orienteering - How to Organize and Run an Orienteering Course.** Hands-on experience which will take place at the Pattee Canyon Picnic Area. Rides will be provided; meet in lobby by the registration desk. Note: 2 hour session.
Cpt. John Decker, ROTC, University of Montana

**Its Your Heart Pardner-or-Heart Health Education for the Young-or-** "You can have a healthy heart, just follow our yellow brick road."
Glenn Iverson, Eastern Montana College

**Physical Education without a Gym.** How to develop a broad physical education curriculum in schools that have no gymnasia and little equipment.
Gary Gray, Eastern Montana College

**Recreation and the Disabled** (workshop). First, a recreation profile will be established with the participants. Next, there will be an exploration of benefits and positive changes that can be made in disabled persons' lifestyles through having these avenues open to them.
Tom Whittaker, Coordinator, Cooperative Wilderness Handicapped Outdoor Group, Idaho State University

**Country Western Dance.** Participation session, including San Antonio Stroll, Ten Count Shuffle, Cowboy Jitterbug, and Texas and Oklahoma Two-step.
Nancy Colton and Kay Van Norman, Montana State University

4:15-5:15 p.m.:

**Orienteering--** continuation of the second hour of the program. Only those who started the session at 3:00 p.m. will be able to participate.

**New Games for the Elementary Physical Education Class.** Looking for new ideas for your elemementary physical education program? This session will present some unique and creative games suitable for the K-6 level. Group participation.
Carol Conkell, School District #1, Missoula

**Health and Older Adults.** A workshop to create a continuing education program related to health, leisure and recreation for older adults
Robert W. Grueninger, Eastern Montana College
Robert W. Moon, Montana Dept. of Health and Environmental Science

**Big Sky State Games -- Bring the Olympics to Home.** The inaugural Big Sky Games will be in Montana next Summer. This presentation is an overview of the concept of State Games, a multi-sports festival modeled in the Olympic tradition. (Note: This session will be repeated again on Friday)
Tom Osborne, Executive Director, Big Sky State Games, Billings
Jean Osborne, Physical Educator, Billings

**The Typical American Diet and Maximizing Athletic Performance.** An overview of the typical American diet and eating habits; Manifestations and impacts of these on athletic performance; Suggested changes for maximum performance.
Sharon Dinkel, University of Montana

Thursday, October 17, continued

5:30-6:30 p.m.:

**Jump Rope for Heart Coordinators Social Gathering and Meeting.** Come meet other Jump Rope for Heart coordinators from Montana; have some refreshments while reviewing vidio tapes of jump rope teams and activities from the National AAHPERD Convention in Atlanta.
Emilee Dekam, Jump Rope for Heart Coordinator for MAHPERD, Helena

6:30-8:30 p.m.:

**Fun Night at the Alpine Club--** Free burger, chips and 1 beer, plus a discount bar thereafter until 8:30 p.m. (Note: only open to those who pre-registered for the Convention! Don't miss out on this fun evening because you forgot to pre-register by October 12). At 9:00 p.m. there will be live music and the Alpine Club will be open to the public (including anyone who registered late or on-site for the Convention). A vehicle and driver will be available to transport those who need rides.

**Friday, October 18**

7:30-8:15 a.m.

**Wake-up, Warm-up, Work Out!** Morning exercise and jog for the early morning people.
Craig Olson, Physical Educator, Missoula

8:45-9:45 a.m.

**Lady Griz Defense.** Aspects of the defensive system at the University of Montana and its importance to the overall basketball program. Basketball fundamentals and motivational techniques.
Robin Selvig, Head Womens Basketball Coach, University of Montana

**Mainstreaming Handicapped Children Into Regular Physical Education: Fact or Fallacy.** Examination of PL 94-142 and physical education and its impact upon physical education teachers when handicapped children are mainstreamed; also includes strategies that can be used by regular physical educators to better accommodate mainstreamed handicapped children.
P.J. Powers, University of Montana

**Diet, Exercise and Health.** Recent popularity in exercise stems from the belief that physical activity in combination with good nutrition contributes to health and well-being and prevents some major chronic degenerative diseases such as obesity, coronary heart disease, and osteoporosis.
Jacque Berning, Nutrition Educator, National Dairy Council

**Doing the Funky Troika** (participation session). Ways to make traditional folk and social dances fun and exciting to learn for children of all ages.
Bruce Colton, Wilson Middle School, Bozeman
Nancy Colton, Montana State University

Friday, October 18, continued

10:00-11:00 a.m.

**Birch Creek Outdoor Education Program.** An overview of the teacher training program sponsored by Western Montana College and the Office of Public Instruction.
Dan Block, Western Montana College

**Physical Education for the Handicapped - Session 2** (the beginning of the second 2 hour session -- a continuing program which began on Thursday). Activities for adapted classes; modifying activities for mainstreamed handicapped with normal children.
Peter Aufsesser, San Diego State University
Ernie Lange, University of New Mexico

**Administering the Fitnessgram with the Microcomputer.** How to use your Apple computer to administer the Fitnessgram program at your school (lecture - participation).
Dave Oberly, Billings Public Schools
Dale Rumph, Billings Public Schools

**Dental Health Education, K-12.** General dental health overview, including brushing, flossing, and fluoride supplementation techniques; cavities, periodontal disease; carcinoma caused from tobacco; suggestions for a dental/nutritional classroom curriculum.
Patricia Dee Meier, Dental Consultant, Missoula

**Physical Education in Alaska.** Everything you wanted to know -- curriculum (including various Indian and Eskimo games), job opportunities, teaching conditions, salaries and benefits, the special problems of teaching in the bush.
Rick Kendall, Bear Valley Elementary School, Anchorage, Alaska

**Dance Activities for Elementary School Children.** A variety of dance activities geared for elementary school children (lecture/participation).
Rozan Pitcher, Montana State University

11:15-12:15

**Physical Education for the Handicapped** -- Session 2 continued from the previous hour.
Aufsesser and Lange

**Teen Heart Risk Appraisal -- A creative tool to enhance wellness.**
Bob Moon, Montana Department of Health, Helena

**Packing In.** Slide show and discussion on backcountry horse packing techniques and pleasures.
"Smoke" Elser, Outfitter and Guide, Missoula

Friday, October 18, continued

11:15-12:15 continued:

**Student Teaching:** Expectations and Dilemmas. Some valuable information for both the student teacher and the physical education supervisor.
Moderator: Sharon Dinkel, University of Montana; Panel Members: Spencer Sartorius, Office of Public Instruction; Mary Hensleigh, U. of M. student; Jeri Domme, Physical Educator, Helena; John Hunt, University of Montana

12:30-2:30 p.m.:

**Second General Session and Luncheon** (Open only to those who pre-registered for the Convention by October 12. Don't miss out on an outstanding program and great food. Send in your advanced registration form today!)
Luncheon; Honor Awards; Announcements and General Information, including information on the Rocky Mountain Health Promotion Conference and the new State Physical Education Curriculum Guide; Election Results; Business Meeting, including consideration of By-laws changes; Turning of the gavel and comments from incoming President Cissy Filcher.
**Keynote Presentation: S/He Who Laughs, Lasts!** (Humor in the helping professions)
Dr. Fred Weldon, Director, Center for Student Development, University of Montana

2:45-3:45 p.m.:

**Beyond Recreation.** Information being presented in recreation and physical education programs needs to be supplemented with more meaningful lifestyle education. This talk will explain the rationale, economics and benefits of getting into "lifestyle" education.
Curt Shirer, Montana State University

**Hunting and Target Archery.** Safety, equipment, techniques, and how to start a school archery program. (The beginning hour of a 2 hour participation session).
Dennis A. DeVivo and Cole Younger, National Field Archery Association Instructors, Missoula

**Can We Put Physical Education into Physical Education?** What are we missing in physical education? The Nation is still full of 20 year olds who are unfit, obese, and smokers. They have no idea how to take good care of their physical or mental health.
Lynn Compton, Cardiac Rehabilitation Supervisor, Montana Deaconess Medical Center, Great Falls

**A Systematic Approach to Physical Education for the Handicapped.** Participant involvement and observation of the USOSE RISPE Teaching Research Model for severly handicapped children. How to develop and implement practical IEP's for physical education.
P.J. Powers, University of Montana

Friday, October 18, continued

2:45-3:45 continued

**Nutrition and You.** Useful curricular materials for the public school teacher.
Jacque Berning, Nutrition specialist for the National Dairy Council

**Job Seeking Skills in Health and Physical Education** (A session especially for students, but of general interest to everyone).
Moderator: Kathy Miller, University of Montana; Panel Members: Dave Oberly, Billings Public Schools; Richard McDonough, University of Montana; Barb Hollmann, University of Montana

4:00-5:00 p.m.:

Continuation of **Hunting and Target Archery** which started at 2:45 p.m.
Dennis A DeVivo and Cole Younger

**Big Sky State Games -- Bring the Olympics Closer to Home.** (Note: this is a repeat of the session presented on Thursday at 4:15). The inaugural Big Sky Games will be in Montana next summer. This presentation is an overview of the concept of State Games, a multi-sport festival modeled in the Olympic tradition.
Tom Osborne, Executive Director, Big Sky State Games
Jean Osborne, Physical Educator, Billings

**1985-86 MAHPERD Board Meeting.** Business meeting of the new MAHPERD Board members.

7:30-9:00 p.m.:

**Third General Session:**
(Open to MAHPERD members and the general public)
**Keynote Presentation: Montana's Great Bear -- the Grizzly, its status and projected future** (followed by questions/answers, including comments on bear encounters).
Dr. Charles Jonkel, well known bear expert and Wildlife Biologist, University of Montana

9:00 p.m.:

**Informal Social Activities** -- to be announced.

**Saturday, October 19:**

The following activities are scheduled for those who pre-register and pay additional Convention fees (Don't miss out; send in your Advanced Registration forms today!:

9:00 a.m.-1:00 p.m. (ending times are approximate):

**Raft Trip on the Clark Fork River.** Additional Pre-registration fee is $12 per person. Cost includes transportation to and from Missoula. Minimum number of participants required is 10.
Sponsored by U of M Outdoor Program, Dudley Improta, Coordinator

**Fundamentals of Mountaineering.** Includes participation in rope management and basic climbing skills. Activity takes place at Kootneai Creek Canyon located about 30 miles from Missoula. Pre-registration fee is $8.00. Transportation is not included, but car pooling will be arranged. Minimum sign-up is 10; maximum is 18.
Sponsored by U of M Outdoor Program, Dudley Improta, Coordinator

**Golf Tournament.** A 9 hole tournament (18 if desired) at the University of Montana Golf Course. Pre-registration fee is $5.00.

Reserve a spot in any of the above activities by including the necessary additional fee when you pre-register for the Convention. Additional persons can sign up and pay fees on October 17-18, providing space is available.

**Other Attraction --** Here are some additional educational programs which might be of interest to MAHPERD Members while they are in Missoula for the Convention:

1. National Swimming Pool Institute Certified Pool and Spa Operators Training Course. This course begins at 6:00 p.m. on Friday, October 18 and runs through Sunday, October 20. Fee payment of $85.00 and advanced registration must be made by October 11. Available for undergraduate credit. See details elsewhere in this publication.

2. Feelin' GOOD, The Total Heart Health Program for Grades K-9. Beginning Friday afternoon, October 18 and running through Saturday, October 19, the Missoula Family YMCA will sponsor a Feelin' GOOD Training Workshop. The program revolves around educational experiences and activities which make learning fun, providing information on the cardiovascular system, smoking, nutrition, stress, hypertension and exercise. This workshop is offered to teachers and YMCA professionals. The fee is $30.00. Optional University graduate credit can also be earned. For further details, including registration procedures, contact Sue Porter, Missoula Family YMCA, 2900 Russell, Missoula, MT 59801 (or phone 728-1440).

**SEE YOU IN MISSOULA FOR A FANTASTIC TIME ON OCTOBER 17 - 18 -19!**

| POSITION | NAME | BUSINESS ADDRESS/PHONE | HOME ADDRESS/PHONE |
|---|---|---|---|
| President | Joel Meier | Recreation Management<br>School of Forestry<br>University of Montana<br>Missoula, MT 59812<br>(243-6459) | 9615 Old Mill Trail<br>Missoula, MT 59802<br>(549-4820) |
| Past President | Glenn Iverson | Department of HPE<br>Eastern Montana College<br>Billings, MT 59101<br>(657-2397) | 1140 Harvard<br>Billings, MT 59103<br>(248-6725) |
| President Elect | Cissy Filcher | Stevensville Elementary<br>Stevensville, MT 59870 | P.O. Box 402<br>Stevensville, MT 59870<br>(777-5760) |
| Secretary | Jeri Ouimme | 7th Ave. Gym.<br>7th & Allen<br>Helena, MT 59601 | 1531 Leslie<br>Helena, MT 59601<br>(442-8996) |
| Treasurer | Helen Chrest | Helena High School<br>1300 Billings Ave.<br>Helena, MT 59601<br>(442-6090, ext. 30) | Box 179<br>East Helena, MT 59635<br>(227-5714) |
| PEPI Coordinator | Bob Williamson | School District #2<br>Billings, MT 59101<br>(248-7421, ext. 244) | 5705 Sam Snead Trail<br>Billings, MT 59106<br>(656-6649) |
| State Supervisor Health and Physical Educ. | Spence Sartorius | Office of Public Instruction<br>Helena, MT 59601<br>(444-4434 or 800-332-3402) | 721 Red Letter<br>Helena, MT 59601<br>(443-4809) |
| Chairperson Recreation | Carol Conkell | Paxson School<br>Evans & Higgins<br>Missoula, MT 59801<br>(728-4000) | 915 Pattee Creek Dr. #F<br>Missoula, MT 59801<br>(549-3531) |
| Chairperson Athletics | Pius Lynch | Stocktrail Elementary<br>Gillette, WY 82716<br>(307) 682-7289 | 4700 Darrell St.<br>Gillette, WY 82716<br>(307) 686-7289 |
| Chairperson Physical Education | Eileen Solberg | P.O. Box 891<br>Billings, MT 59102<br>(652-6433) | |
| Chairperson Dance | Kay Van Norman | Dept. HPER<br>Montana State University<br>Bozeman, MT 59717<br>(994-4001) | 7880 Fowler Lane<br>Bozeman, MT 59715<br>(587-2461) |
| Chairperson Health & Safety | Robert Moon | Montana Dept.of Health & Environmental Sciences<br>Cogswell Building<br>Helena, MT 59620<br>(444-4488) | 1309 Hilmen Road<br>Helena, MT 59601<br>(458-9314) |
| Student Representative Advisor | Sharon Oinkel | Dept. of Health & Phys. Ed.<br>University of Montana<br>Missoula, MT 59812<br>(243-5242 or 4211) | 44 Charis Lane<br>Missoula, MT 59802<br>(549-4121) |
| Student Representative | Nancy Lorge | Student<br>Dept. of Health & Phys. Ed.<br>University of Montana<br>Missoula, MT 59802 | 830 West Sussex<br>Missoula, MT 59801<br>(721-3354) |
| Historian | Dave Oberly | Billings Public Schools<br>101 10th St. West<br>Billings, MT 59102<br>(248-7421, ext. 244) | P. O. Box 20382<br>Billings, MT 59104<br>(652-1399) |

| POSITION | NAME | BUSINESS ADDRESS/PHONE | HOME ADDRESS/PHONE |
|---|---|---|---|
| | | PRESIDENTIAL AD HOC APPOINTMENTS | |
| Promotions Director | Bob Williamson | School Dist. #2<br>Billings, MT 59101<br>(248-7421, Ext. 244) | 5705 Sam Snead Tr.<br>Billings, MT 59106<br>(656-6649) |
| Convention Manager | Roger DiBrito | Dickinson School<br>315 Curtis<br>Missoula, MT 59801 | 4765 Carolin Lane<br>Florence, MT 59833<br>(273-6458) |
| State 10K Director | Deb Witcraft | (252-0733) | 1106 Denway Pl.<br>Billings, MT 59105<br>(259-3957) |
| Jump Rope for Heart Coordinator | Emilee Dekam | Physical Education Dept.<br>Helena Middle School<br>1025 North Rodney<br>Helena, MT 59601<br>(442-5720) | Box 13, Pinecrest<br>Clancy, MT 59634<br>(933-5330) |
| Honors Committee | Eileen Solberg, Chair | Members: Emilee Dekam, Tom Nielson, Joel Meier | |
| Mission Possible | Bob Docktor &<br>Dave Oberly - Co-Chairs | Members: Jeri Domme, Tom Nielson | |
| Legislative Committee | Spencer Sartorius, Chair | Members: Bob Docktor, Eileen Solberg, Walt Kelly | |
| Curriculum Guide Committee | Spencer Sartorius, Chair | Members: Emilee Dekam, Gary Evans, Georgia Nye, Bob Williamson, Walt Kelly | |

*LIGHT ON HER FEET – Niza Shaw, Bozeman, celebrated her 101st birthday Thursday – as she does every birthday –, skipping rope. She credits her long life to determination: 'I'll never give up until the Lord knocks my feet out from under me.'*

National Association for
Sport & Physical Education

N.A.S.P.E INTRODUCES SPORTS/VIDEO PROGRAM

Reston, VA---The National Association of Sports and Physical Education in conjunction with WinMark Sports Inc. is introducing the "Sport Training Education Program", (STEP), for use throughout the educational community.

The "STEP" program involves libraries of instructional videotapes,and student manuals that will benefit the student and teacher alike. Experienced instructors like: Arthur Ashe (tennis), Dick Williams (baseball), Al McGuire(basketball) and Al Miller (soccer), give the teachers an effective lesson plan while adding a professional tone to the program.

Basketball, Soccer, Tennis, Golf, and Baseball will comprise the first available tape library in the "STEP" program. Each sport has 180 minutes of instruction broken down into six convenient teaching units for a total of 900 minutes of instruction in each tape library. Twenty sports in all are planned for the future of the program.

Students benefit because the "Buddy system" is utilized so everyone has a partner to practice with furthering the enjoyment

and participation in learning. Each student receives a training text that: explains goals, records progression and provides a complete glossary of terms familiar to the given sport. The goals in each sport are realistic and acheivable, while at the same time presenting a clear challenge for every student, from the beginner to the most advanced. The entire "STEP" program self motivates participation in additional sports because the system of skill development is consistant from one sport to another and is easily understood by the student.

The instructor benefits because, the program can give an accurate picture of the students true strengths and weaknesses, giving the teacher better direction for aiding the students individual needs. It gives the Non-experienced Coach a "game plan" which enables him to organize large classes into small, active participative groups. Also; instructors manuals, evaluation charts, and achievement certificates help evaluate students on their effort and progression. Even the most advanced college varsity programs can benefit from the professional instruction.

The benefits of the "STEP" program are immeasureable. Further information about the program can be provided by contacting: NASPE, 1900 Association Dr, Reston VA 22091 or call (800) 782-8787.

NATIONAL SWIMMING POOL INSTITUTE

CERTIFIED POOL & SPA OPERATORS TRAINING COURSE

Course Instructor and Coordinator
Fred Stetson, Associate Professor, University of Montana

Training Program Schedule

| | | |
|---|---|---|
| Friday | 6:00 - 8:00 p.m. | CPO Registration & Check-in |
| | 8:00 p.m. | Purpose, Introduction, Schedule |
| Saturday | 8:00 a.m. | CPO Registration & Check-in |
| | 9:00 | State Codes, Regulations |
| | 10:00 | Swimming Pool Calculations |
| | 12:00 - 1:00 | Lunch |
| | 1:00 - 2:00 | Filters & Filtration |
| | 2:00 - 3:00 | Circulation & Equipment |
| | 3:00 - 4:00 | Basic Water Chemistry for Pools |
| | 4:00 - 5:00 | Water Testing Saturation Index |
| | 5:00 - 7:00 | No Host Social Hour & Dinner |
| | 7:00 - 8:00 | Maintaining Spas, Hot Tubs, Therapy Pools |
| | 8:00 - 9:00 | Care of Seasonal Pools |
| Sunday | 7:00 - 8:30 | Breakfast |
| | 8:30 a.m. | Maintenance Techniques & Equipment |
| | 9:30 | Automation & Instrumentation |
| | 10:00 | 15-Minute Coffee Break |
| | 10:15 | Energy Alternatives & Management |
| | 11:00 | Disease, Accident Prevention Liability |
| | 12:00 | Brunch |
| | 1:00 | Operation & Water Problems |
| | 2:00 | Repair, Replacement, Upgrading |
| | 2:45 | 15-Minute Break |
| | 3:00 | Exam |

Fee Includes: Text and materials, CPO test, certificate, patches, national registration, and the Famous Red Lion Sunday Brunch

VILLAGE RED LION
Missoula, Montana 59802
(406) 728-3100

N. S. P. I.

sponsors a training program for the national certification and registration of CERTIFIED POOL·SPA OPERATOR CPO

DIRECTOR: Fred Stetson
Associate Professor
University of Montana

Friday evening, Saturday and Sunday
October 18-19-20, 1985

## Why You Need the Training Program for Pool/Spa Operators

The rapid advances in know-how and technology of pool operation require constant honing of skills. With upward of 4 million pools of all types now in virtually daily use by millions of people, the need for qualified operators is greater than ever. And the need will continue to grow. Anyone supervising the operation of any kind of pool has a life- and health-guarding responsibility. He must keep the facility in good operational order and operate it efficiently, effectively and economically. Only an individual with suitable training is qualified to meet such responsibilities.

The National Swimming Pool Foundation awards a permanent registration number.

The NSPF's CPO® Seal of Approval is assurance to pool and spa owners, from motels to Olympic-sized municipal and college pools, that their facilities and their swimmers are under the supervision of professionals trained in the most advanced techniques in safety, water chemistry, maintenance and management.

## Who Needs the Training Program

Many states require training and certification. As designed by the Foundation's consulting specialists this Certification Program provides standardized instructional literature and visual aids of immediate value to:

- ☐ hotel/motel owners
- ☐ apartment/condo building managers
- ☐ spa personnel
- ☐ municipalities
- ☐ clubs
- ☐ park directors and others
- ☐ service persons
- ☐ builders
- ☐ schools and colleges

## The Textbook and Curriculum

The text for the course is *The Pool/Spa Operators Handbook*, an invaluable resource and reference for the novice and the professional who must trouble-shoot on a broad spectrum of functional problems. In short, every pool operator should have one.

Subject matter includes chemistry, filtration, recirculation, all types of pool equipment, preventive maintenance, seasonal care, storage and handling, safety, energy use and conservation and much, much more. All topics are written by experts with long experience in their specialties.

## Examination and CPO® Certificate

An examination will be given at the completion of the course.

The 'graduate' will receive a certificate, suitable for framing. This includes his personal CPO® Registration Number which is permanently recorded by the Foundation. It states that the 'diploma' was earned through the National Swimming Pool Foundation.

FEE: Full course, text, national registry and certification - $85
FEE ALSO INCLUDES: Famous Red Lion Sunday Brunch
One Undergraduate University Credit HPE460 available through University of Montana Continuing Education. Additional Fee $30.

MORE INFORMATION: 243-4211 8 a.m.-5 p.m.
549-3656 after 6 p.m.

ADVANCE REGISTRATION DEADLINE October 11, 1985
After above date, please register at door.

MAKE CHECK TO: NSPI Region VIII
MAIL TO: Fred A. Stetson
Dept. HPE
Univ. of Montana
Missoula, MT 59812

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Name: _____
(Last) (First) (Initial)

Home Address: _____

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(City) (State) (Zip)

Phone - Home: (___) _____ Business: (___) _____ (FEE ENCLOSED) $_____

Agency: _____ Position: _____